G

Special Analyses for Dietary Fats

TABLE G-1 Minimum Saturated Fat Intake Using Nonvegetarian Menus[a]

	Saturated Fat (%)	
Total Fat (%)	*n*-3 (α-linolenic acid) = 0.6% and *n*-6 (linoleic acid) = 5%	*n*-3 (α-linolenic acid) = 1.2% and *n*-6 (linoleic acid) = 10%
20	2.8	2.7
25	3.6	3.2
30	4.3	3.9
35	5.0	4.5

[a] Ten nonvegetarian menus were created using Nutritionist Five, Version 2.3 (First Databank, San Bruno, CA). In general, brand products were not used because data for linoleic and α-linolenic acids were not available for these products. Since canola and soybean oils are the primary sources of α-linolenic acid in the U.S. diet (Kris-Etherton PM, Taylor DS, Yu-Poth S, Huth P, Moriarty K, Fishell V, Hargrove RL, Zhao G, Etherton TD. 2000. Polyunsaturated fatty acids in the food chain in the United States. *Am J Clin Nutr* 71:179S–188S), these oils were used when possible. When attempting to keep saturated fat as low as possible and linoleic and α-linolenic acid at defined levels, rich sources of monounsaturated fats were incorporated.

TABLE G-2 Minimum Saturated Fat Intake Using Vegetarian Menus[a]

	Saturated Fat (%)	
Total Fat (%)	*n*-3 (α-linolenic acid) = 0.6% and *n*-6 (linoleic acid) = 5%	*n*-3 (α-linolenic acid) = 1.2% and *n*-6 (linoleic acid) = 10%
20	2.8	2.7
20	2.7	2.6
25	3.6	3.2
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